



New Jersey Department of Health and Senior Services

HAZARDOUS SUBSTANCE FACT SHEET

Common Name: **COBALT (DUST AND FUME)**

CAS Number: 7440-48-4

DOT Number: None

RTK Substance number: 0520

Date: February 1989 Revision: May 1998

HAZARD SUMMARY

- * **Cobalt** metal dust or fume can affect you when breathed in.
- * Exposure to **Cobalt** dust can irritate the skin, eyes, nose and throat.
- * Breathing **Cobalt** metal dust and fume can irritate the lungs causing cough and/or shortness of breath. Higher exposures can cause a build-up of fluid in the lungs (pulmonary edema), a medical emergency, with severe shortness of breath.
- * **Cobalt** may cause a skin allergy. If allergy develops, very low future exposures can cause itching and a skin rash.
- * **Cobalt** dust may cause an asthma-like allergy. Future exposures can cause asthma attacks with shortness of breath, wheezing, cough, and/or chest tightness.
- * **Cobalt** may affect the heart, thyroid and kidneys.
- * Repeated exposure to the metal dust can cause scarring of the lungs (fibrosis) even if no symptoms are noticed. This can be disabling or fatal.

IDENTIFICATION

Cobalt is a silver-gray, ductile metal. It is used in steel alloys and jet engines, in nuclear technology, and in cemented carbide abrasives and tools. **Cobalt** has several artificial radioactive isotopes, the most important being **Cobalt 60**. **Cobalt 60** is a beta and gamma emitter and is used in radiation therapy, in level gauges, and in research.

REASON FOR CITATION

- * **Cobalt** is on the Hazardous Substance List because it is regulated by OSHA and cited by ACGIH, DEP, NIOSH and EPA. Radioactive Isotopes of **Cobalt** are regulated by the Nuclear Regulatory Commission (NRC).
- * Definitions are provided on page 5.

HOW TO DETERMINE IF YOU ARE BEING EXPOSED

The New Jersey Right to Know Act requires most employers to label chemicals in the workplace and requires public employers to provide their employees with information and training

concerning chemical hazards and controls. The federal OSHA Hazard Communication Standard, 1910.1200, requires private employers to provide similar training and information to their employees.

- * Exposure to hazardous substances should be routinely evaluated. This may include collecting personal and area air samples. You can obtain copies of sampling results from your employer. You have a legal right to this information under OSHA 1910.20.
- * If you think you are experiencing any work-related health problems, see a doctor trained to recognize occupational diseases. Take this Fact Sheet with you.

WORKPLACE EXPOSURE LIMITS

OSHA: The legal airborne permissible exposure limit (PEL) is **0.1 mg/m³** averaged over an 8-hour workshift.

NIOSH: The recommended airborne exposure limit is **0.05 mg/m³** averaged over a 10-hour workshift.

ACGIH: The recommended airborne exposure limit is **0.02 mg/m³** averaged over an 8-hour workshift.

WAYS OF REDUCING EXPOSURE

- * Where possible, enclose operations and use local exhaust ventilation at the site of chemical release. If local exhaust ventilation or enclosure is not used, respirators should be worn.
- * Wear protective work clothing.
- * Wash thoroughly immediately after exposure to **Cobalt** and at the end of the workshift.
- * A regulated, marked area should be established where radioactive **Cobalt** is handled, used, or stored.
- * Post hazard and warning information in the work area. In addition, as part of an ongoing education and training effort, communicate all information on the health and safety hazards of **Cobalt** to potentially exposed workers.

This Fact Sheet is a summary source of information of all potential and most severe health hazards that may result from exposure. Duration of exposure, concentration of the substance and other factors will affect your susceptibility to any of the potential effects described below.

HEALTH HAZARD INFORMATION

Acute Health Effects

The following acute (short-term) health effects may occur immediately or shortly after exposure to **Cobalt**:

- * Exposure to **Cobalt** dust can irritate the skin, eyes, nose and throat.
- * Breathing **Cobalt** metal dust and fume can irritate the lungs causing cough and/or shortness of breath. Higher exposures can cause a build-up of fluid in the lungs (pulmonary edema), a medical emergency, with severe shortness of breath.

Chronic Health Effects

The following chronic (long-term) health effects can occur at some time after exposure to **Cobalt** and can last for months or years:

Cancer Hazard

- * **Cobalt** compounds may cause mutations (genetic changes). Whether or not they pose a cancer hazard needs further study.
- * Exposure to ionizing radiation is associated with an increased risk of developing cancer. Some isotopes of **Cobalt** do emit ionizing radiation.

Reproductive Hazard

- * **Cobalt** may decrease fertility in males.

Other Long-Term Effects

- * **Cobalt** dust can cause a skin allergy. If an allergy develops, very low future exposures can cause itching and a skin rash.
- * **Cobalt** dust may cause an asthma-like allergy. Future exposures can cause asthma attacks with shortness of breath, wheezing, cough, and/or chest tightness.
- * **Cobalt** may affect the heart, thyroid and kidneys.
- * Repeated exposure to the metal dust can cause scarring of the lungs (fibrosis) even if no symptoms are noticed. This can be disabling or fatal.

MEDICAL

Medical Testing

For those with frequent or potentially high exposure (half the TLV or greater), the following are recommended before beginning work and at regular times after that:

- * Chest x-ray for scarring should be done every two to three years after five or more years of exposure.
- * Lung function tests.
- * Evaluation for heart failure.

If symptoms develop or overexposure is suspected, the following may be useful:

- * Kidney, thyroid, and lung function tests.
- * Evaluation by a qualified allergist, including careful exposure history and special testing, may help diagnose skin allergy.
- * Consider chest x-ray after acute overexposure.

Any evaluation should include a careful history of past and present symptoms with an exam. Medical tests that look for damage already done are not a substitute for controlling exposure.

Request copies of your medical testing. You have a legal right to this information under OSHA 1910.20.

Mixed Exposures

- * Because smoking can cause heart disease, as well as lung cancer, emphysema, and other respiratory problems, it may worsen respiratory conditions caused by chemical exposure. Even if you have smoked for a long time, stopping now will reduce your risk of developing health problems.

WORKPLACE CONTROLS AND PRACTICES

Unless a less toxic chemical can be substituted for a hazardous substance, **ENGINEERING CONTROLS** are the most effective way of reducing exposure. The best protection is to enclose operations and/or provide local exhaust ventilation at the site of chemical release. Isolating operations can also reduce exposure. Using respirators or protective equipment is less effective than the controls mentioned above, but is sometimes necessary.

In evaluating the controls present in your workplace, consider: (1) how hazardous the substance is, (2) how much of the substance is released into the workplace and (3) whether harmful skin or eye contact could occur. Special controls should be in place for highly toxic chemicals or when significant skin, eye, or breathing exposures are possible.

In addition, the following controls are recommended:

- * Specific engineering controls are recommended for this chemical by NIOSH. Refer to the NIOSH Occupational Hazard Assessment: *Criteria for Controlling Occupational Exposure to Cobalt* #82-107.
- * Guidelines and regulations for radioactive **Cobalt** have been established by the Nuclear Regulatory Commission at 10 CFR 20.

Good **WORK PRACTICES** can help to reduce hazardous exposures. The following work practices are recommended:

- * Workers whose clothing has been contaminated by **Cobalt** should change into clean clothing promptly.
- * Do not take contaminated work clothes home. Family members could be exposed.
- * Contaminated work clothes should be laundered by individuals who have been informed of the hazards of exposure to **Cobalt**.
- * Eye wash fountains should be provided in the immediate work area for emergency use.
- * If there is the possibility of skin exposure, emergency shower facilities should be provided.
- * On skin contact with **Cobalt**, immediately wash or shower to remove the chemical. At the end of the workshift, wash any areas of the body that may have contacted **Cobalt**, whether or not known skin contact has occurred.
- * Do not dry sweep for clean-up. Use a vacuum or a wet method to reduce dust during clean-up.
- * Do not eat, smoke, or drink where **Cobalt** is handled, processed, or stored, since the chemical can be swallowed. Wash hands carefully before eating or smoking.

PERSONAL PROTECTIVE EQUIPMENT

WORKPLACE CONTROLS ARE BETTER THAN PERSONAL PROTECTIVE EQUIPMENT. However, for some jobs (such as outside work, confined space entry, jobs done only once in a while, or jobs done while workplace controls are being installed), personal protective equipment may be appropriate.

OSHA 1910.132 requires employers to determine the appropriate personal protective equipment for each hazard and to train employees on how and when to use protective equipment.

The following recommendations are only guidelines and may not apply to every situation.

Clothing

- * Avoid skin contact with **Cobalt**. Wear protective gloves and clothing. Safety equipment suppliers/manufacturers can provide recommendations on the most protective glove/clothing material for your operation.
- * All protective clothing (suits, gloves, footwear, headgear) should be clean, available each day, and put on before work.
- * Refer to 10 CFR 20 for specific guidelines on personal protection.

Eye Protection

- * Wear dust-proof goggles when working with fine powders or dusts, such as when grinding **Cobalt**, unless full facepiece respiratory protection is worn.

Respiratory Protection

IMPROPER USE OF RESPIRATORS IS DANGEROUS.

Such equipment should only be used if the employer has a written program that takes into account workplace conditions, requirements for worker training, respirator fit testing and medical exams, as described in OSHA 1910.134.

- * Workers who are sensitized to **Cobalt**, or who are prone to allergic asthmatic attack, should avoid exposure completely.
- * NIOSH has established new testing and certification requirements for negative pressure, air purifying, particulate filters and filtering facepiece respirators. The filter classifications of dust/mist/fume, paint spray or pesticide prefilters, and filters for radon daughters have been replaced with the N, R, and P series. Each series has three levels of filtering efficiency, 95%, 99%, and 99.9%. Check with your safety equipment supplier or your respirator manufacturer to determine which respirator is appropriate for your facility.
- * If while wearing a filter, cartridge or canister respirator, you can taste or otherwise detect **Cobalt**, or in the case of a full facepiece respirator you experience eye irritation, leave the area immediately. Check to make sure the respirator-to-face seal is still good. If it is, replace the filter, cartridge, or canister. If the seal is no longer good, you may need a new respirator.
- * Be sure to consider all potential exposures in your workplace. You may need a combination of filters, prefilters, cartridges, or canisters, to protect against different forms of a chemical (such as vapor and mist) or against a mixture of chemicals.
- * Where the potential for high exposure exists, use a MSHA/NIOSH approved supplied-air respirator with a full facepiece operated in the positive pressure mode or with a full facepiece, hood, or helmet in the continuous flow mode.
- * Exposure to **20 mg/m³** is immediately dangerous to life and health. If the possibility of exposure above **20 mg/m³** exists, use a MSHA/NIOSH approved self contained breathing apparatus with a full facepiece operated in continuous flow or other positive pressure mode.

QUESTIONS AND ANSWERS

Q: If I have acute health effects, will I later get chronic health effects?

A: Not always. Most chronic (long-term) effects result from repeated exposures to a chemical.

Q: Can I get long-term effects without ever having short-term effects?

A: Yes, because long-term effects can occur from repeated exposures to a chemical at levels not high enough to make you immediately sick.

Q: What are my chances of getting sick when I have been exposed to chemicals?

A: The likelihood of becoming sick from chemicals is increased as the amount of exposure increases. This is determined by the length of time and the amount of material to which someone is exposed.

Q: When are higher exposures more likely?

A: Conditions which increase risk of exposure include dust releasing operations (grinding, mixing, blasting, dumping, etc.), other physical and mechanical processes (heating, pouring, spraying, spills and evaporation from large surface areas such as open containers), and "confined space" exposures (working inside vats, reactors, boilers, small rooms, etc.).

Q: Is the risk of getting sick higher for workers than for community residents?

A: Yes. Exposures in the community, except possibly in cases of fires or spills, are usually much lower than those found in the workplace. However, people in the community may be exposed to contaminated water as well as to chemicals in the air over long periods. Because of this, and because of exposure of children or people who are already ill, community exposures may cause health problems.

Q: What are the likely health problems from chemicals which cause mutations?

A: There are two primary health concerns associated with mutagens: (1) cancers can result from changes induced in cells and, (2) adverse reproductive and developmental outcomes can result from damage to the egg and sperm cells.

The following information is available from:

New Jersey Department of Health and
Senior Services
Occupational Disease and Injury Services
Trenton, NJ 08625-0360
(609) 984-1863

Industrial Hygiene Information

Industrial hygienists are available to answer your questions regarding the control of chemical exposures using exhaust ventilation, special work practices, good housekeeping, good hygiene practices, and personal protective equipment including respirators. In addition, they can help to interpret the results of industrial hygiene survey data.

Medical Evaluation

If you think you are becoming sick because of exposure to chemicals at your workplace, you may call a Department of Health and Senior Services physician who can help you find the services you need.

Public Presentations

Presentations and educational programs on occupational health or the Right to Know Act can be organized for labor unions, trade associations and other groups.

Right to Know Information Resources

The Right to Know Infoline (609) 984-2202 can answer questions about the identity and potential health effects of chemicals, list of educational materials in occupational health, references used to prepare the Fact Sheets, preparation of the Right to Know survey, education and training programs, labeling requirements, and general information regarding the Right to Know Act. Violations of the law should be reported to (609) 984-2202.

DEFINITIONS

ACGIH is the American Conference of Governmental Industrial Hygienists. It recommends upper limits (called TLVs) for exposure to workplace chemicals.

A **carcinogen** is a substance that causes cancer.

The **CAS number** is assigned by the Chemical Abstracts Service to identify a specific chemical.

A **combustible** substance is a solid, liquid or gas that will burn.

A **corrosive** substance is a gas, liquid or solid that causes irreversible damage to human tissue or containers.

DEP is the New Jersey Department of Environmental Protection.

DOT is the Department of Transportation, the federal agency that regulates the transportation of chemicals.

EPA is the Environmental Protection Agency, the federal agency responsible for regulating environmental hazards.

A **fetus** is an unborn human or animal.

A **flammable** substance is a solid, liquid, vapor or gas that will ignite easily and burn rapidly.

The **flash point** is the temperature at which a liquid or solid gives off vapor that can form a flammable mixture with air.

HHAG is the Human Health Assessment Group of the federal EPA.

IARC is the International Agency for Research on Cancer, a scientific group that classifies chemicals according to their cancer-causing potential.

A **miscible** substance is a liquid or gas that will evenly dissolve in another.

mg/m³ means milligrams of a chemical in a cubic meter of air. It is a measure of concentration (weight/volume).

MSHA is the Mine Safety and Health Administration, the federal agency that regulates mining. It also evaluates and approves respirators.

A **mutagen** is a substance that causes mutations. A **mutation** is a change in the genetic material in a body cell. Mutations can lead to birth defects, miscarriages, or cancer.

NAERG is the North American Emergency Response Guidebook. It was jointly developed by Transport Canada, the United States Department of Transportation and the Secretariat of Communications and Transportation of Mexico. It is a guide for first responders to quickly identify the specific or generic hazards of material involved in a transportation incident, and to protect themselves and the general public during the initial response phase of the incident.

NCI is the National Cancer Institute, a federal agency that determines the cancer-causing potential of chemicals.

NFPA is the National Fire Protection Association. It classifies substances according to their fire and explosion hazard.

NIOSH is the National Institute for Occupational Safety and Health. It tests equipment, evaluates and approves respirators, conducts studies of workplace hazards, and proposes standards to OSHA.

NTP is the National Toxicology Program which tests chemicals and reviews evidence for cancer.

OSHA is the Occupational Safety and Health Administration, which adopts and enforces health and safety standards.

PEOSHA is the Public Employees Occupational Safety and Health Act, a state law which sets PELs for New Jersey public employees.

ppm means parts of a substance per million parts of air. It is a measure of concentration by volume in air.

A **reactive** substance is a solid, liquid or gas that releases energy under certain conditions.

A **teratogen** is a substance that causes birth defects by damaging the fetus.

TLV is the Threshold Limit Value, the workplace exposure limit recommended by ACGIH.

The **vapor pressure** is a measure of how readily a liquid or a solid mixes with air at its surface. A higher vapor pressure indicates a higher concentration of the substance in air and therefore increases the likelihood of breathing it in.

HANDLING AND STORAGE

- * Prior to working with **Cobalt** you should be trained on its proper handling and storage.
- * **Cobalt** is not compatible with OXIDIZERS (such as PERCHLORATES, PEROXIDES, PERMANGANATES, CHLORATES and NITRATES); ACIDS (such as HYDROCHLORIC, SULFURIC and NITRIC); and AMMONIUM NITRATE.

FIRST AID

In NJ, POISON INFORMATION 1-800-764-7661

- ## Eye Contact

- * Immediately flush with large amounts of water for at least 15 minutes, occasionally lifting upper and lower lids. Seek medical attention.

Skin Contact

- * Quickly remove contaminated clothing. Immediately wash area with large amounts of soap and water.

Breathing

- * Remove the person from exposure.
- * Begin rescue breathing if breathing has stopped and CPR if heart action has stopped.
- * Transfer promptly to a medical facility.
- * Medical observation is recommended for 24 to 48 hours after breathing overexposure, as pulmonary edema may be delayed.

If **Cobalt** is spilled, take the following steps:

- * Evacuate persons not wearing protective equipment from area of spill until clean-up is complete.
- * Collect the spilled material in the most convenient and safe manner and deposit in sealed containers for reclamation or for disposal in an approved facility.
- * If spill involves radioactive **Cobalt**, evacuate area and delay clean-up until properly instructed by qualified radiation authorities.
- * Ventilate the area of spill or leak after clean-up is complete.
- * It may be necessary to contain and dispose of **Cobalt** as a HAZARDOUS WASTE. Contact your Department of Environmental Protection (DEP) or your regional office of the federal Environmental Protection Agency (EPA) for specific recommendations.
- * If employees are required to clean-up spills, they must be properly trained and equipped. OSHA 1910.120(q) may be applicable.

PHYSICAL DATA

Vapor Pressure: 0 mm Hg at 68°F (20°C)

Water Solubility: Insoluble

OTHER COMMONLY USED NAMES

Chemical Name:

Cobalt

Other Names:

Cobalt-59; C.I. 77320

Not intended to be copied and sold for commercial purposes.

FOR LARGE SPILLS AND FIRES immediately call your fire department. You can request emergency information from the following:

CHEMTREC: (800) 424-9300
NJDEP HOTLINE: (609) 292-7172

NEW JERSEY DEPARTMENT OF HEALTH AND
SENIOR SERVICES

Right to Know Program

PO Box 368, Trenton, NJ 08625-0368
(609) 984-2202